

**If You're Happy and You Know It  
(or Not)...Understanding and  
Enhancing the Social-Emotional  
Development of Young Children**

Kristi Carter Guest, Ph.D.  
UAB Assistant Professor  
Developmental Psychologist  
kguest@uab.edu

---

---

---

---

---

---

---

---

**Emotions**

▶ **What are EMOTIONS?**

- ▶ Feelings
- ▶ Physiological response
- ▶ Cognitions
- ▶ Goals

---

---

---

---

---

---

---

---

**Topics to cover...**

- ▶ Development of Emotions
  - ▶ Primary Emotions
  - ▶ Secondary or Complex Emotions
- ▶ Emotion of Others
- ▶ Your World of Emotions Activity
- ▶ Social-Emotional Competency
  - ▶ What is it?
  - ▶ Benefits of raising an emotionally competent child
  - ▶ How to enhance emotional competency
- ▶ Emotion Coaching Video and Caregiver Types

---

---

---

---

---

---

---

---

## Development of Emotions

- ▶ Social Learning Theory
  - ▶ Importance of observing and modeling emotional reactions of others
  - ▶ Emotional responses to particular situations may be learned through modeling
  - ▶ Albert Bandura

---

---

---

---

---

---

---

---

## Primary Emotions

- ▶ Happiness/Joy
  - ▶ 6-10 weeks
- ▶ Sadness
  - ▶ 2-6 months
- ▶ Anger
  - ▶ 2-4 months
- ▶ Surprise
  - ▶ 2-8 months
- ▶ Fear
  - ▶ begin 6-7 months

---

---

---

---

---

---

---

---

## Complex or Secondary Emotions

- ▶ Complex or Secondary Emotions (1-3 years of age)
  - ▶ Embarrassment
  - ▶ Shame
  - ▶ Guilt
  - ▶ Envy
  - ▶ Pride
- ▶ Requirements for development?

---

---

---

---

---

---

---

---

**Emotion Recognition Activity**

- ▶ Distress
- ▶ Anger
- ▶ Surprise
- ▶ Fear
- ▶ Happiness
- ▶ Embarrassment
- ▶ Interest
- ▶ Shame
- ▶ Sadness
- ▶ Disgust

---

---

---

---

---

---

---

---

**Emotions of Others**

- ▶ Early in infancy, interactions are face-to-face and patterns develop
  - ▶ Dr. Edward Tronick Still Face

---

---

---

---

---

---

---

---

**Emotions of Others**

- ▶ Early in infancy, interactions are face-to-face and patterns develop
  - ▶ Interactional synchrony between caregiver and child
    - ▶ Once established, they then get involved in turn-taking of answering each other's responses
    - ▶ In fact, if mother fails to respond to an infant response, the infant shows distress

---

---

---

---

---

---

---

---

**Social-Emotional Competence**

- ▶ 1) Competent Emotional *Expressivity*
- ▶ 2) Competent Emotional *Knowledge*
- ▶ 3) Competent Emotional *Regulation*

---

---

---

---

---

---

---

**Children with a Strong Social-Emotional Competence:**

- ▶ tolerate frustration better
- ▶ get into fewer fights
- ▶ engage in less destructive behavior
- ▶ are healthier
- ▶ are less lonely
- ▶ are less impulsive
- ▶ are more focused
- ▶ have greater academic achievement

---

---

---

---

---

---

---

**Enhancing Social-Emotional Competence**

- ▶ Learning words or signs for different feelings
- ▶ Learning how to recognize feelings in self and others
  - ▶ Facial cues
  - ▶ Body language
  - ▶ Tone of voice
  - ▶ Situational cues
- ▶ Provide emotional labels as children experience various affective states
- ▶ Learning how to control anger, relax, and calm down

---

---

---

---

---

---

---

## Enhancing Social-Emotional Competency...

- ▶ Techniques to teach children
  - ▶ Use Pictures and Signs
  - ▶ Use of Songs and Games
  - ▶ How would you feel if...?
  - ▶ Checking In
  - ▶ Use of Children's Literature
  - ▶ Relaxation Techniques

---

---

---

---

---

---

---

---

## Signs for Emotions

- ▶ All young children can benefit from the use of signs for emotions and especially if they have *language delays*
  - ▶ Happy
  - ▶ Sad
  - ▶ Angry
  - ▶ Afraid or Scared
- ▶ GREAT WEBSITE FOR BABY SIGNS--  
<http://www.babysignlanguage.com/dictionary/>

---

---

---

---

---

---

---

---

## Use of Songs and Games

If you are happy and you know it...add new verses to teach feelings

- If you're *sad* and you know it, cry a tear..."boo-hoo"
- If you're *mad* and you know it, stomp your feet or use your words "I'm mad"
- If you're *scared* and you know it hide your eyes—Oh no! or ask for help, "help me"
- If you're *happy* and you know it, hug a friend
- If you're *tired* and you know it, give a yawn.

---

---

---

---

---

---

---

---

## How Would You Feel If...?

Discuss typical situations that happen when children are together: "How would you feel if this happened to you?"

---

---

---

---

---

---

---

---

## Checking In

How do you feel today?



---

---

---

---

---

---

---

---

## Feeling Wheel



---

---

---

---

---

---

---

---

### Use of Children's Literature



---

---

---

---

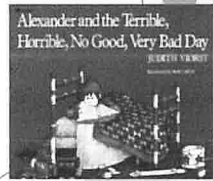
---

---

---

---

### Book Nooks



---

---

---

---

---

---

---

---

### Relaxation Techniques

- ▶ Deep breaths
  - ▶ Teach with the flower and pinwheel
- ▶ Label emotions
  - ▶ Signs or words
- ▶ Color or use a Rain stick
- ▶ Happy place
- ▶ Positive Self-Talk

---

---

---

---

---

---

---

---

**Emotion Coaching Video**  
(Dr. John Gottman)

- ▶ **Types of Parenting**
  - ▶ Dismissing
  - ▶ Disapproving
  - ▶ Laissez-faire
  - ▶ Emotion Coaching

---

---

---

---

---

---

---

---

**Take Home Points...**

- ▶ Emotions are more than just feelings
  - ▶ Primary Emotions
  - ▶ Secondary Emotions
- ▶ Importance of parents and children observing emotional reactions of others and being able to label emotions of others (Social Learning Theory)
- ▶ Your World of Emotions Activity (how you were raised impacts your own interaction style with others)
- ▶ Social-Emotional Competency
  - ▶ Benefits of raising an emotionally competent child
  - ▶ How to enhance emotional competency
    - ▶ Signs, Songs, Books, Checking-In, Feeling Wheel, What If Games
- ▶ Try techniques like Emotion Coaching

---

---

---

---

---

---

---

---

**Resources**

- ▶ Baby Sign Language Website  
<http://www.babysignlanguage.com/dictionary/>
- ▶ Early Start Denver Model for Young Children (Dr. Sally Rogers)  
<http://www.ucdmc.ucdavis.edu/mindinstitute/research/esdm/>
- ▶ Emotion Coaching: The Heart of Parenting (Dr. John Gottman) <http://emotioncoaching.gottman.com/>
- ▶ Shaffer, D.R. (2009). *Social and Personality Development* (6<sup>th</sup> ed.). California: Wadsworth, Cengage Learning.

---

---

---

---

---

---

---

---